

# Caregiver Support Groups



Would you like to talk with people who understand your frustration, your sadness, and your anxiety? Come to a Caregiver Support Group. The groups are open to family members, friends and nonprofessional caregivers or those involved with older adults needing care. Refreshments are provided. The goal of the groups is to:

- Provide a safe, confidential and supportive environment for caregivers to share concerns and frustrations
- Learn from other caregivers who have developed meaningful approaches and strategies for caregiving and coping
- Learn about resources available in your community

## Alzheimer's Support Group

*sponsored by the National Alzheimer's Association*

[alz.org](http://alz.org) |  *alzheimer's association*

First Wednesday of every month: 10:30 am – Noon  
Live Well at Home, 1640 Eskaton Loop, Roseville



**Beth Meuser** has a degree in gerontology, with a concentration in case management. She has been a volunteer with the Alzheimer's association for more than four years, including facilitating support groups. Her position as care navigator is a great fit, allowing her to work with families to help keep their loved ones not only safe in their homes, but thriving in their homes.